

OUA Fall Sprint Invitational

October 15, 2005

University of Guelph – Gold Pool

Meet Rationale: with feedback from last year's attending coaches and those who are interested in seeing this meet succeed and fill their early season needs it is proposed to run in three rounds over the course of about 6 hours. Each swimmer will have a chance to compete at least once per round. The order of the core events will remain the same throughout each round while there will be changes to the relays each round. Swimmers will be seeded with 16 of the top 24 initial entries advancing after the first round while 8 of the remaining seeds will be advanced to a C final if there are greater than 40 entries in an event. The 8 and 4 fastest of these swimmers will advance to the final round.

Order of Events for Round 1

Women		Men
1	4 X 25 Medley Relay	2
3	100 IM	4
5	50 Free	6
7	50 Back	8
9	50 Breast	10
11	50 Fly	12
13	4 X 25 Free Relay	14

Order of Events for Round 2

Women		Men
15	4 X 50 Medley Relay	16
3	100 IM	4
5	50 Free	6
7	50 Back	8
9	50 Breast	10
11	50 Fly	12
17	4 X 50 Free Relay	18

Order of Events for Round 3

Women		Men
19	4 X 100 Medley Relay	20
3	100 IM	4
5	50 Free	6
7	50 Back	8
9	50 Breast	10
11	50 Fly	12
21	400 Crescendo Free Relay (50, 50, 100, 200)	22

Time Line – Start time of first round is fixed, other times may be adjusted depending on meet subscription. For purposes of this discussion take the 7 teams that expressed interest in the meet and estimate 210 swimmers. Relays are time finals in each round.

Preliminaries – Warm Up 8:15 – 9 a.m. – Session will take approximately 2.5 hours – will determine the top 16 from the top 24 and next 8 from remainder if there are greater than 40 entries.

Semi Finals – Warm Up for 45 minutes immediately following the prelim session – session will take approximately 90 minutes – will determine top 8 individual swimmers from the group of 16 and the top 4 from the group of 8.

Finals – Warm up for 45 minutes immediately following the prelim session – session will take approximately 1 hour.

With all this the day plans out:

8:15-9:00 a.m. initial warm up

9:00 – 11:30 first round racing

11:30 – 12:15 2nd round warm up

12:15 – 1:45 p.m. 2nd round racing

1:45-2:30 p.m. 3rd round warm up

2:30 – 3:30 p.m. 3rd round racing

Entry Limits – Each swimmer may enter a maximum of three individual events and one relay per round. Teams are limited to 3 relays per event in each round.

Entry Times - For proper seeding purposes please enter all swimmers with a time. The competition will work best when all swimmers are in competitive heats and have an opportunity to race similarly skilled people.

Entries – must be submitted by Wednesday, October 12 using the HyTek file or grids to Jeff Slater at jeslater@uoguelph.ca Psych sheets will be emailed to all participating teams on Thursday for proof reading.

Questions or comments may be directed to Jeff Slater (jeslater@uoguelph.ca 519-824-4120 X56155) or Brian Cartlidge (519-888-4567 X6996 bcartlid@uwaterloo.ca).